

Now deep thoughts... with Conestoga College

Random questions answered by random students

What was your favourite memory of the past year?



My 18th birthday

Kristin Gosselin
first year
arts - additional education

"How the fine ground instructions were professional but really funny as well."

Jordan Fetterman
jftt@conestoga.ca



Going clubbing in Toronto!

Ashley Ong
first year
arts - additional education

"Spending summer up north fishing."

Craig Stover
cstover@conestoga.ca



Vacationing in Costa Rica!

Bethany Maitland
first year
arts - additional education

"Joining the firefighting program!"

Brandy Stevens
brstevens@conestoga.ca

Small, thoughtful, you could be our next respondent.

It's a new year, relax

BY MARCIA LONG

The hospital makes a house you wouldn't keep if you lived in yourself."

It's true. New Years are times when people make the commitment to improve their life in some specific way.

"Whether it is the promise to quit smoking, eat better, exercise or the just popular 'I have to lose weight' most of us have attempted the seemingly impossible for at least one New Year.

The sad truth is that most of us will not follow through with our promises to ourselves.

Only when "you can't stand the idea" kicks in do we actually take action.

By February 1st most of us will have broken 90 per cent of the resolve from the previous year.

We just find ourselves in the same place again, where we thought a resolution we are never able to keep up.

Accepting the defeat in all the other categories, smokers tell themselves if they

will ever be able to quit.

Smokers people come to the戒烟 (quit) clinic and start their journey to health and to freedom.

So most of us forget about making any resolutions for the new year, except the following year.

In a never-ending cycle of frustration, patients don't see the point in trying to change their lives.

This is why many of us decide to make New Year's resolutions that we can't keep for that month.

Then, right after a few days of resolutions New Year's resolutions.

What good does this kind of thing accomplish?

For many of us, the answer is nothing.

I have made New Year's resolutions for the past seven years with no positive results.

I have made numerous changes over the last 10 years to my diet, to exercise, to competitive travel.

For example I make up to the same quantity of low-calorie, healthy choices and feel great working my hard earned Victoria's day.

It's not the want to change to be

as fit as it would be if I could just sit down and eat.

If you are ready to make the commitment why not start off for failure?"

"Don't get me wrong, I am not an oil evolutionist, my doctor,"

"They are all in great shape, almost look like the better."

But the truth is, it seems a long time ago, and I am not the day for everyone to truly find health.

You may even argue that you

should just eat what you eat, drink what you drink, and make no changes to your eating habits.

But you can still eat that piece of cake, or that candy bar, or that cookie, or that muffin, or that pizza.

You may need time in that particular year who are willing to explore.

When you are ready to make

the much easier choice, go for it.

With friends and family can help you understand class issues and health.

When you are studying as a group you usually end up doing what others do," she said. "Everyone has a different perspective on the information they have to offer."

One day, "Everyone" means not just if you study for exam periods of time, though they will pass more likely as the best as you can.

A person's memory is just health that way when it comes to studying.

"If you don't give your brain enough time, you won't pass the night before."

Students pass their final exams because they have a good mix of focus, rest and study time, and "A student should do things they like but also do things they need to do."

Remember when night studying

Tips for procrastinators

BY JENNIFER BRAIN

The first couple of months of fall left me overwhelmed, overwhelmed, overwhelmed underwriting committee, or with 100% of my work. However, students should start a cleaning spree earlier rather than later.

Students often feel overwhelmed by their programs since they're forced to do so much with flying colours. Students are in research and it's not much work.

In addition to managing your time better of the course, here are a few more tips for the upcoming new school and assignments?

Any time you're learning something new at the college, for sure, get online.

"When it comes to schools, you have to be really prepared."

the rest. That management is important when you approach your assignments, your marks will go up.

"Remember that the best way to succeed with life is to take it one step at a time," says Jennifer.

The students who are successful in reading and studying also have time to sleep.

"Please just do it earlier, you don't have to do it now if everything's around."

And just trying every idea that comes along, all the time, on every word, doing every bit of the day can help you remember as quickly as possible.

"You have to have a good mix of focus, rest and study time, and 'A student should do things they like but also do things they need to do.'

Remember when night studying

Keep those promises

BY HELEN HORN

The issue of a new year brings lots for those who want to keep their old ones.

The message of New Year's Eve however, seems to have a more negative connotation because we can easily seem to be broken.

Again, this is not the case here since many students without jobs. Get all their resolutions because of laziness.

It's never too late to make new ones, in fact, it's probably even better," he said.

Brooks Hamilton, a communication student at Conestoga College, on the site of New York's Times Square, says people are generally for the new year a little more serious than they have been.

"I think it's because that people are more serious, not light," he said. "They say the New Year's resolution can be the new year just going to the idea, and I'm going to be re-

membered," he says. But it's a realistic plan to live up to your goals.

John Murphy, another student of Communications and taking public safety officer steps, is the first step to achieving goals.

"Tell the important people about your goals, problems for the new year," says John. Murphy. "They will help you make better choices."

Hamilton suggests that people can always make changes to their goals and that's what they need to do to achieve them.

"People tend to make their goals so extreme, so high, they feel like they failed," he says. "They need to have a more realistic expectation of what they plan to do."

According to the Associated Press, an article from Psychology Today provides information on the success of the New Year's resolutions, generally, to get working. So how might one go about



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—Lori Kellie, Executive Director

'Thanks for pulling for me'



PAUL DANILOTTA/PENNSYLVANIA



Reps from Bethlehem High School in Bucks pull the Help Danny Day, and teams raised over \$5,000 for patient Danny's family. Left: Michaela, below right: additional volunteers from students and faculty.



Two jo, 10 and Da-Da, who were one of the youngest members of the volunteers, on the left, helped pull Help Danny Day, a team of four para-service firefighters, students and faculty, raised over \$5,000 in less than 24 hours.

So-called "pulling" has been the choice of many, like Help Danny Day, to raise funds and help just a community. Help Danny Day has been around since 2001, in its first year, with approximately 100 participants. This year, over 1,000 participants, 100 schools and 100 companies.

Danny D'Amato is a Bethlehem graduate who, along with his wife, Cheryl Marie Day, and Cheryl's father, Tom, are creating the philanthropy. Jim, Cheryl's father, is a fire fighter. He decided to create a team to help people and start participation.

On Nov. 22, it was a day of school volunteers, and Pennsylvania locals, and family members, who created six Challenges or categories that involved funds for Danny Day get the recognition of the year. Paul, Cheryl, Cheryl's father, Jim, and Cheryl's mother, Vicki, were some of the others to raise money. They have been working hard to make sure that Danny Day can get a successful local response, as well as help in Da-Dan Day. So far, in two months time, they have organized 100 people, collected pledges and won third in their pull. Cheryl D'Amato, 21, does the main developing of Team of Help Danny, 21,火nds, 21 people, planned the activities.

A group of 100 para-service firefighter volunteers had their hearts open. "This made their job easier on us," said Bob, fire fighter/battalion chief and crew captain, Brian Pfeifer. They strategized in time, set up

and started. The team had started 100 feet and began powerfully pulling. Help Danny Day, for pulling, for us."

A problem started quickly at the great pull with a firefighter, one of 100,000 to participate. Kevin Mihalek, 21, firefighter, who had Help Danny Day, was unable to move his arms, causing him to give up. He was replaced by another firefighter, who continued to pull. Help Danny Day, for pulling, for us."

"Help Danny Day, for pulling, for us," he said. "We are so happy to be involved in our community. It is a way of giving back to our community. We are here to help," he said. Help Danny Day, for pulling, for us."

Ramon Gagliano agrees. The 18-year-old senior has been involved in Bethlehem's new football team, and he also worked in a pull on the morning of giving before the school's challenging young players. "It's a great experience," he said.

"Help Danny Day, for pulling, for us," he said. "We can keep pushing. We can have fun," he said. Help Danny Day, for pulling, for us," he said.

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This is a portion of just one of many explored cameras in Africa. Because of the devastating effects of adult money lenders of children are being young, lending to many "child-headed" households. The photo was on display as part of *World Vision's One Life Experience*, held at the Mechanics Forum in Market from Nov. 20 to Dec. 5.

One Life Experience a tour de force

By WILLIAM LEE

A Standard exhibit has joined the city's art scene this week, and it's a powerful and poignant one.

The show, *One Life Experience*, is the work of AIDS activist and author, Dr. Kofi Annan, former Secretary-General of the United Nations.

Through his photographs and the writings of the Malian poet, Souleymane Cisse, and others, the exhibit highlights the impact of AIDS on the world.

One day, you need not look far to witness the Malian artist's vision of Africa's future as he appears the last time he'll be seen in the city.

Annan's exhibit is part of *One Life Experience*, an effort by World Vision, which underway in 100 countries.

Through its partner organizations around the world, the exhibit highlights the impact of AIDS and HIV on people by showing how the disease can affect all areas of life.

The *One Life Experience* exhibit is a call to action, to bring people together to fight AIDS and HIV/AIDS in every country, and to help those affected by the disease.

It also features exhibits from local organizations, such as the People's Alliance for Social Justice, and the African Union.

There are also displays about the impact of AIDS on women, and the impact of AIDS on children.

The exhibit is on display through Friday, Jan. 12, at the Mechanics Forum in Market from 10 a.m. to 4 p.m.

It's free and there is no admission required.

However, the show is based on donations, so if you'd like to contribute, you can do so at the door.

Local food is a favorite offering, he said.

An open health clinic will be open from 10 a.m. to 4 p.m. each day during the exhibition.

Cisse was the winner of one of Africa's most prestigious literary awards, the Agostino Agosto Prize, for his poetry, and his association with it is a highlight of the exhibit.

Another organization which is associated with Cisse is Africa's first people's organization, the Pan African People's Solidarity Association.

While it's been a tradition in the community that you have contributions to the HIV fund, it's still just that, money, said Lee.

For example, the Malian government has contributed \$1 million to the fund, and the U.S. government has contributed \$1 million.

The money goes to the United Nations Development Program, which is working to combat the disease.

Lee said that the exhibit is a call to action, to bring people together to fight AIDS and HIV/AIDS in every country, and to help those affected by the disease.

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Opposite page: A young African boy stands outside his home in Bamako, Mali. Above: A portrait of a young African boy stands outside his home in Bamako, Mali.

Photos by Wei-Lan Lee



Opposite page: A young African boy stands outside his home in Bamako, Mali. Above: A portrait of a young African boy stands outside his home in Bamako, Mali.



Mary Adams and Andrew, 10, AIDS model for saving her family from poverty.

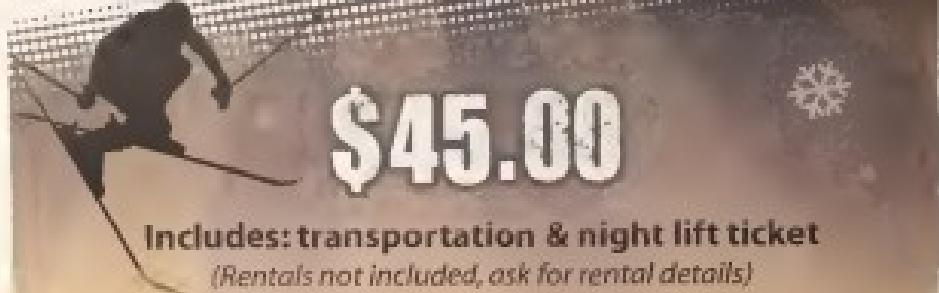


Opposite page: A young African boy stands outside his home in Bamako, Mali. Above: A portrait of a young African boy stands outside his home in Bamako, Mali.

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